

## **MY FITNESS JOURNEY PROGRESS REPORT**

	Starting Date:	___ weeks later:	___ weeks later:	___ weeks later:	___ weeks later:
<b>Body Measurements</b>					
Upper Arm					
Bust					
Waist					
Hip					
Butt					
Thigh					
Calf					
<b>Weight</b>					
<b>Fat %</b>					
<b>BMI</b>					
<b>Flexibility Progress</b>					
<b>Cardiovascular Progress</b>					
<b>Strength Progress</b>					
<b>Dietary Improvements</b>					

\*\*\*A Fitness Tool provided as a courtesy by GoWorkoutMom.com.\*\*\*